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ABSTRACT

The rapid expansion of managed care raises questions about services for those at risk for, or those suffering from, mental and addictive disorders. Managed care requires communities to assess the issues affecting clients and the treatment providers. This type of care is designed to be cost effective. While treatment can be effective, it must be determined how much treatment and what components of treatment are most successful. The current push to shorten time in treatment can have destructive consequences. Specific outcome data is needed to support an expansion of treatment. This paper helps communities recognize and address the issues concerning the consequences of this type of health care. A list is included of national organizations, publications, and the names of community leaders who are expert in the field to provided additional information. (JDM)

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MANAGED CARE AND SUBSTANCE ABUSE [1]

Technical Assistance Packet

Join Together:
A National Resource for Communities Fighting Substance Abuse and Gun Violence

www.jointogether.org

April 2000

ED 456 361

Description of the Issue

The rapid expansion of managed care raises special questions about services for those at risk for, or suffering from, mental and addictive disorders. Managed care requires communities to think about the issues affecting clients and treatment providers functioning in managed care environments. In a report, the American Society of Addiction Medicine found that while the percentage of insured workers who have access to mental-health coverage has increased slightly during the 1990s, their access to treatment for substance abuse has declined. Managed care is designed to be cost-effective. While treatment is usually effective, the challenge now is to identify how much treatment and what components of treatment are most successful with which clients in what phases of addiction. We need to know the minimum amount of treatment that will produce a positive benefit for different types of patients. At what point do client gains begin to taper off? The current push to shorten time in treatment and to provide less residential treatment can have destructive consequences for some clients. We need specific outcome data to support an expansion of treatment.

What follows is a list of national organizations, publications, community leaders with an expertise in managed care, and community stories.

National Organizations

Substance Abuse and Mental Health Service Administration's Managed Care Initiative (SAMHSA)
5600 Fishers Lane, Parklawn Building, Room 10-99, Rockville, MD 20857; Tel: 301-443-2817; Fax: 301-443-8711; www.samhsa.gov/mc/mancare.htm

The Office of Managed Care is part of SAMHSA's initiative and addresses the rapid changes taking place in financing and delivering mental health and substance abuse services. Each of the Centers within SAMHSA has its own managed care office.

- *Center for Substance Abuse Prevention*, Office of Managed Care, 5600 Fishers Lane, Room 920, Rockwall 11 Building, Rockville, MD 20857; Tel: 301-594-0788
- *Center for Substance Abuse Treatment,* Office of Managed Care, 5600 Fishers Lane, Rockville, MD 20857; Tel: 301-443-8796

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Information is available about resources and assistance in six areas: knowledge development, surveillance and service system data, quality assurance and accountability, procurement and contracting, technical assistance and training and evaluation/policy studies.

Families USA
Families USA is a national, nonprofit, non-partisan organization dedicated to the achievement of high-quality, affordable health and long-term care for all Americans. They have information, articles and resources for consumers who are trying to understand managed care initiatives. 1334 G Street, NW, Washington, DC 20005; Tel: 202-628-3030; Fax: 202-347-2417; www.familiesusa.org/managedcare/

Washington Business Group on Health (WBGH)
WGBH is the only national, nonprofit organization exclusively devoted to the analysis of health policy and related worksite issues from the perspective of large employers. They have information and resources for those seeking information about managed care and the workplace. 777 North Capitol Street, NE, Suite 800, Washington, DC 20002; Tel: 202-408-9320; Fax: 202-408-9332; Eml: wbgh@wbgh.com; www.wgbh.com/

Publications and How To Order

The publications listed here are both free and of modest cost.

- *Managed Care and Substance Abuse Prevention Resource Guide*
  The information in this resource guide will help prevention professionals understand that their skills and leadership are essential to complete the evolutionary cycle from managing health care costs to managing the health of our citizens. For a copy, contact the National Clearinghouse on Alcohol and Drug Information at 800-729-6686 or via the web at: www.health.org:80/managed/mancare.htm.

- *The Impact of Managed Care On Addiction Treatment*
  This report examines the impact of this movement and related developments on addiction treatment, and evaluates how they have been associated with a decline in the availability of care for many addicted patients. For a copy, contact the American Society on Addiction Medicine at 301-656-3920 or via the web at: www.asam.org/.

- *Prevention and Managed Care: Finding Common Ground to Build Integrated Delivery Systems*
  This Boston, MA Conference Briefing Book gives information about the managed care initiative of Substance Abuse and Mental Health Services Administration as well as challenges for prevention and strategies for prevention to work with managed care organizations. Available from Office of Managed Care, Center for Substance Abuse Prevention, 5515 Security Lane, Rockville, MD 20852; Tel: 301-594-0788.

- *Monitoring Treatment Outcomes and Managed Care: Promise and Challenge for the AOD Field* TIE Communique, Center for Substance Abuse Treatment. Available from the National Clearinghouse on Alcohol and Drug Information at 800-729-6686 or www.treatment.org/communique/comm98M/IndexMonitoringSept98.html.

- *Managed Care: Empowering Consumers.* Substance Abuse and Mental Health Services Administration News – Volume VII, #1, Winter, 1999; Available from Room 13C-05, 5600 Fishers Lane, Rockville, MD 20857; Tel: 301-443-8956; Fax: 301-443-9050.

- Lessons Learned Conference on *Health Care and Substance Abuse.* This newsletter highlights four communities that have worked with health care organizations, some of which are managed care organizations. Available from Join Together, 441 Stuart Street, 7th Floor, Boston, MA 02116; Tel: 617-437-1500; Fax: 617-437-9394 or www.jointogether.org/.

- *Partners in Planning – Consumer's Role in Contracting for Public Sector – Managed Mental Health and Addiction Services*
  This guide presents a detailed discussion of the process and major issues for consumers. This booklet provides a brief overview of main issues and concepts. Available from the National Clearinghouse on Alcohol and Drug Information at 800-729-6686 or www.health.org.

- *Health Behavior Change in Managed Care* – This report gives the status of managed care initiative, which assessed the availability, access, and integration of health behavior change strategies in managed care in 1999. The executive summary is available at www.cfah.org/.

Community Leaders

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Community Stories

Stories listed below are reprinted from Join Together Online. Similar stories can be found at www.jointogether.org.

Strengthening Our Families/Saving Our Communities (SOF/SOC) is a community-based coalition serving the city of Providence with special emphasis on the Enterprise Zone communities. When Rite Care, Rhode Island's first statewide Medicaid system was still in its early stages of implementation, SOF/SOC was able to integrate prevention services and structure into the managed care system in RI. For more information, contact Susan Colavecchio at 401-421-7740 ext. 334.

Fighting Back in Vallejo, CA found that offering substance abuse treatment services to clients not only benefits the clients, but also saves money. Fighting Back joined together with the health maintenance organization, Kaiser Permanente, to provide a substance abuse benefit to all of Kaiser's subscribers in Vallejo and Sacramento, including recipients of Medi-Cal, which is California's version of Medicaid. Since the program began in 1994, hospital stays for both Medi-Cal and other subscribers have dropped by more than 50 percent. That meant a significant cost savings for Kaiser, who offered the benefit to Medi-Cal subscribers without compensation, figuring it would save money in the long run. For more information, contact Jane Callahan at 707-648-5230.